	PRE-CON CERTIFICATIONS Wednesday, July 22 PRE-CON CERTIFICATIONS Thursday, July 23		A HIIT/FUNC/PT	GX/AGING/CORE	RECOVERY/YOGA/BARRE/ PILATES	GROUP X [PRE-RECORDED]			
			Training Certification Roberts 9:00am-5:00pm Cs Fram Roller Tubing Stability Ball, Dumbbells/2 Water Bottles Small Ball, Tubing Small Ball, Tubing		WaterRower® Virtual Crew CoachCourse SGT KEN® 9:00am-4:00pm CST Waterrower WaterRower	SON Yoga 1 Certification Howard 9:00am-5:00pm CST Mats SON Group Exercise Certification Howard • 9:00am-5:00pm CST			
			Certification Appel 9:00am-5:00pm CST Mats, Poz-A-Balls or Balloon See Active Aging Certification Roberts 9:00am-5:00p RST Pubble/9: Water Bottles, Plates Balls, Resistance Bands/Tubing		Powered by Savvier Fitness Murphy Madden, Bender & George 10:00am-5:00pm CST Likeng using bixes Bender Enis, Dumbels, Char				
FRIDAY, JULY 24	FR1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Weight- Free Endurance Workout Howard	Lablast® Fitness: Envision The New Normal Van Amstel Dumbbells/2 Water Bottles	Pilates on the Ball Appel Mat, Stability Ball	Hit the Wall Rockit			
	FR2	10:35am-11:50am EST 9:35am-10:50am CST 7:35am-8:50am PST	Unfaltering Lower Body Workout Howard Mat, Broom	Active Aging Chair Yoga Kooperman Chair, Mat	House Party Fitness® Cardio Hip-Hop Pias Dumbbells/2 Water Bottles, Bands	Balance & Power:Training Active Aging Clients McCaughey Chair, Cones/Paper Cups			
	FR3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Training the Dysfunctional Knee Bender Bender Balls, Gliding Discs, Tubing	MASHUP®: MindBody, Agility & Strength, HIIT Cura Hand Towel	Mindful Movement for Non-Yogis Woods _{Mats}	Soul Yoga Kooperman 2 Mats			
	VIRTUAL EXPO BREAK: 1:25pm-2:05pm EST • 12:25pm-1:05pm CST • 10:25am-11:05am PT								
	FR4	2:05pm-3:20pm EST 1:05pm-2:20pm CST 11:05am-12:20pm PST	Tubng Xpress Spreen-Glick Tubing	Coach by Color with Myzone® Fitzpatrick & Sopo Dumbbells/2 Water Bottles	Tai-Chi + Yoga = Bamboo Fusion Carbo	Lift Off! Howard Steps/Step stool, Dumbbells/2 Water Bottles			
	FR5	3:40pm-4:55pm EST 2:40pm-3:55pm CST 12:40pm-1:55pm PST	Developmental Stages for All Ages Roselli Mat, Dumbbells/2 Water Bottles, Tubing, Bands	Resistance Training - Essentials to Weight Management Woods Dumbbells/2 Water Bottles, Tubing/Bands	Boogie Barre Carvalho Mat	Dynamic Flexibility for a 3D Life M. Velazquez Yoga Strap/Towel			
	FR6	5:15pm-6:30pm EST 4:15pm-5:30pm CST 2:15pm-3:30pm PST	Evolving Movement For Virtual Clients & Members McBee Long Towel	Walking the Fine Line Gilbert Chair, Broom/PVC Pipe	Vertically Pilates M. Velazquez Mat, Towel, Bands	Yoga Sculpt - Bridging Yoga & Fitness Murphy Madden			
SATURDAY, JULY 25	SA1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Bosu® Toolbox Galvan BOSU® Balance Trainer	Functional Flexibility for the Ageless Body Bender Bender Balls, Gliding Discs,Tubing	Bulletproof the Low Back Roselli Tubing, Steps/Risers/Stools	Strength Training for Longevity & Vitality Kooperman Tubing			
	SA2	10:35am-11:50am EST 9:35am-10:50am CST 7:35am-8:50am PST	The Fit Pro Music "Crash Course" Robinson Dumbbells/2 Water Bottles	Core Reloaded M. Williams Dumbbells/2 Water Bottles, Mat, Stability Ball, Bands	Flexibility for the Inflexible Roberts Foam Roller	AAA: Abs at all Angles Appel Med Ball/Ball, Gliding Discs,Tubing			
	SA3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Metabolic Mixer Appel	Myzone® Gamified Bootcamp Fitzpatrick & Sopo Dumbbells/2 Water Bottles	Tai Chi for Warmup & Recovery Carbo	Training the Active Aging Female Client Roberts Dumbbells/2 Water Bottles, Tubing			
	VIRTUAL EXPO BREAK: 1:25pm-2:05pm EST • 12:25pm-1:05pm CST • 10:25am-11:05am PT								
	SA4	2:05pm-3:20pm EST 1:05pm-2:20pm CST 11:05am-12:20pm PST	30-Minute Cluster Circuits M. Williams Dumbbells/2 Water Bottles, Mat, Stability Ball, Bands	LaBlast®: Ballroom Fitness Using PATTERNography Van Amstel Dumbbells/2 Water Bottles	Hot Booty Ballet™ Ghadban Bands	Barre Fight Wartenberg Barre/Chair, Gliding Discs, Ball Dumbbells/2 Water Bottles, Mat			
	SA5	3:40pm-4:55pm EST 2:40pm-3:55pm CST 12:40pm-1:55pm PST	Upper Extemity Training - Female Client Roberts Dumbbells/2 Water Bottles, Tubing, Gliding Discs	The Warrior Workout Spreen-Glick	Triple Threat Barre - Powered by Savvier Fitness® Murphy Madden, Bender & George Dumbbells or 2 Water Bottles, Tubing, Gliding Discs, Bender Ball	Training Older Clients with Osteoarthritis Osar			
	SA6	5:15pm-6:30pm EST 4:15pm-5:30pm CST 2:15pm-3:30pm PST	Build a Better Butt Roberts Poz-A-Ball/Ball, Bands, Gliding Discs/2 Paper Plates, Dumbbells/2 Water Bottles	BOSU® Stability Ball Overhaul Thews BOSU® Ballast Ball	Quieting the Mind Meditation Warasila Mat	Recovery: The Forgotten Variable McCall			
26	SU1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	The Ultimate Fitness Equation Robinson Dumbbells/2 Water Bottles	Completely Core Appel Gliding Discs, Med Ball	Barre Hop Wartenberg Barre/Chair, Poz-A-Ball/Ball, Gliding Discs, Dumbbells/2 Water Bottles, Mat	Assume the Position Biscontini Mats			
JULY	SU2	10:35am-11:50am EST 9:35am-10:50am CST 7:35am-8:50am PST	Redefine Functional Training - Redefine Yourself Mullins Dumbbells/ 2 Water Bottles	MASHUP®: HIIT With Active Recovery Cura Dumbbells/ 2 Water Bottles	Multi Generational Fitness Wartenberg Dumbbells/2 Water Bottles, Gliding Discs, Tubing	E.S.P. 123: Performance Circuit Training McCormick Med Balls/Balls, Tubing, Steps/Step Stoo			
SUNDAY, JULY	SU3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Second Act - Fitness for 40+ Murphy Madden & McCall	Create a Dance Fitness Experience! Ponte & Schur	Yoga For Healthy Backs Lacombe Mat	Lablast® Fitness: Waltz, Tango, Foxtrot! Van Amstel Dumbbells or Water Bottles			
SUN	SU4	1:45pm-3:00pm EST 12:45pm-2:00pm CST 10:45am-12:00pm PST	The Ladder Approach to Program Design Mullins	The Art of 32 McCormick	Vinyasa Flow - Feel The Resistance Conti	Barre Necessities Appel Barre/Chair, Dumbbells/2 Water Bottles Poz-a Ball/Ball			

CYCLE / HIIT / MIND BODY / GX / ROW	AQUA (ON LAND)	G NUTRITION	BUSINESS	BUSINESS					
Extreme HIIT Chaos Powered by Savvier Fitness Mylrea & Erickson 10:00am-5:00pm CS1 Tubing, Gliding Discs, Bender Balls, Dumbbells	SOW Aquatic Certification Warasila 9:00am-5:00pm CST Noodles	SOW Nutrition Coaching For Fitness Pros Layne • 9:00am-5:00pm CST SOW Corrective Exercise Certification Roselli • 9:00am-4:00pm CST		n	Downloa & Print T				
Indoor Cycling Instructor Certification Sherman & Thews 8:00am-5:00pm CST Bike	GOW Aqua Barre Certification Wartenberg 9:00am-4:00pm CST	Certification Ross 9:00am-5:00pm CST	Approach to Recovery & Rolling Certification McCormick 10:00am-5:00pm CST Foam Roller, Massage Balls	MASHUP® Certification: Mindbody, Agility & Strength, HIIT Barble Brown 8:00anr-5:00pm CST Dumbbells/2 Water Bottles	Schedule Here >>				
Down & Dirty 30 McCormick Kettlebell/1 Gallon Water Jug, Dumbbells/2 Water Bottles	Aqua Abs WIM-SY Carvalho Aqua Dumbbells or Dumbbells or Water Bottles, Noodles, Chair or Stool	Managing Menopause Layne	Techniques to Engineer Your Life Armstrong	Live Streaming Like a Boss K. Williams	FR1				
Schwinn®: Pimp My Playlist! Appel	Aqua Drums Vibes A. Velazquez Drumsticks, Wrapping Paper Tube, Broom Sticks	GOT MUSCLE? Targeting Hypertrophy Layne	Next Level Networking Armstrong	Wowing Your Customers K. Williams	FR2				
Welcome to the Jungle (Gym) - HIIT/Functional Training McCall	Making Waves with LaBlast® Splash Van Amstel	Food Deconstructed Silverman	Strategic Thinking - Personally and Professionally McBride	Bodyweight Bootcamp: Principles Before Strategies Christopher	FR3				
VIRTUAL EXPO BREAK: 1:25pm-2:05pm EST • 12:25pm-1:05pm CST • 10:25am-11:05am PT									
Schwinn®: F.E.A.R. Face Everything & Ride Roberts Bike	WATERinMOTION Strength Kulp Dumbbells/2 Water Bottles	Energy Pathways & Ketones Comana	Trends for 2020 & Growth Panel Kooperman, McBride, McHaney & Barry	Vision Plan 2021 - Small Boutiques & Studios Gilbert	FR4				
Cardio Yoga™ Krauss	Mix-Match Aqua Moves to the Max Howard	Nutrient Timing Comana	Member Experience Insights From The Shutdown McHaney	Teaching Virtually - Lights! Camera! Action! Ponte & Schur	FR5				
Pulling for Power: Program 06™ SGT Ken® Waterrower	Zenergy H2O McCormick	Nutrition Panel Layne, Silverman & Digsby	What's Next After Personal Training? McWaine	The Future Of Your Fitness Business Via Live Video Oz & Sanghi	FR6				
Schwinn®: Cycle of Life - Pre & Post Natal Solutions Atkinson Bike	Barre H20 Wartenberg Tubing, Noodle, Hand Buoys/2 Water Bottles	Success Factors for Weight Loss Silverman	Ebbs & Flows - Aqua Panel Gilbert, Warasila, Kulp & Martin	The Fit Pro Marketing Map Robinson	SA1				
Balletone - Where Cardio & Ballet Meet Lenart	Liquid Gym Star Workout Raphael Liquid Stars, Large Paper Plate Cut To Rounded 5 Point Star With Eyes and Mouth	Metabolism Reality Check Digsby	Multi-Media Marketing During & After this Global Pandemic Kooperman	Stop Guessing What Your Members Want And Ask! Stevenson	SA2				
Purpose NOT Circus - Legit HIIT - HIIT/Functional Training Friend-Uhl	Aqua Core Options Warasila	What TO Eat: End the Frustration Digsby	The Future of Group Ex Panel Kooperman, Howard, McCormick, K. Williams & Thews	Changing Tides: Adapt & Adjust Your Sails Dilts	SA3				
VIRTUAL EXPO BREAK: 1:25pm-2:05pm EST • 12:25pm-1:05pm CST • 10:25am-11:05am PT									
Schwinn® Panel: Reinvent the Wheel for Real! Sherman, Appel & Hogg	Aqua Core Senior Style Kulp Noodle/Broom/Towel, Chair/Stool	Forget the Rest? Layne	Facebook For Your Fitness Business Hoff	Legal Considerations: Fitness Business Ownership Roth & Kooperman	SA4				
Anchors Away: Functionally Fun Rowing™ with SGT Ken®	Platinum - Silver Tsunami M. Velazquez Noodle	Kitchen Makeover For Weight Loss Success Seti	Let's Get Virtual! Monetize Your Talent Online Douglass	Stabilize, Mobilize & Capitalize Your Way to #Gamechanging Results Thews	SA5				
Training by the Numbers Gavigan Tubing, Dumbbells or 2 Water Bottles, Med Ball, Cones or Paper cups	Ups & Downs of Aqua Carvalho	Eating Disorders vs. Disordered Eating Seti	Social Media Panel Maurer, Williams, Hoff & Conti	Boosting Brand Awareness - Standout Online Marketing Polson	SA6				
Schwinn®: Inspired Intensity Sherman Bike	Waves On Fire: Chair Dance Martin Chair	Fad Diet Update Digsby	Business Management for Fitness Professionals Bellenger	Power of Podcasting - Leverage Your Brand Conti	SU1				
Creative Compounds Gavigan Med Balls/Ball, Tubing, Bar/Broom, Mat	Choreography Overflow Warasila Noodle	Active Aging Nutrition Insights Silverman	Be Your Unique Selling Point McWaine	Social Media Tips,Tricks & Truths Maurer	SU2				
Extreme HIIT Chaos - Powered by Savvier Fitness® Mylrea & Erickson Bender Balls, Gliding Discs, Resistance Tubing, Dumbbells or 2 Water Bottles	Water Bunnies & Aqua Honeys Martin	Your Body On Sugar Layne	Aquatic Programming For Success: The Ebbs & Flows Warasila	Trends in Programming 2020 Barry	SU3				
QiGong: Eight Pieces of Brocade M. Velazquez	H20 Luscious Limbs Gilbert Noodles	Pros & Cons of Fasting Layne	The Future Of Group Exercise Kelly	Winning Millennial & Gen Z Clients Polack	SU4				

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